

# Ready, Set, Walk!



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## Week 10: Mental Benefits of Walking



Walking improves cardiovascular function and increases your chances of living longer. Those who walk regularly are better able to deliver oxygen to all of the body's organs including the brain. **Studies have shown that regular walking can help improve attention, ability to focus, and memory.**

When you exercise, your brain also increases production of endorphins, which will elevate your mood and general sense of well-being. Walking is routinely used as a way to help counteract mild depression. It can help reduce anxiety and boost self confidence. The good news is that even if you have been sedentary much of your life, you will quickly see the mental and physical benefits of walking as soon as you start!

Week Ten	Day 1 30 minutes	Day 2 40 minutes	Day 3 50 minutes	Day 4 30 minutes	Day 5 50 minutes	Day 6 40 minutes	Day 7 50 minutes
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## Summertime Foods: Great Flavors, Good Health!

### Hamburgers & Hotdogs

Choose heart-healthy hamburger with no more than 15% fat—ground sirloin, ground round, and extra lean versions. Check the label for the lean to fat ratio: 85/15 is 85% lean and 15% fat and 90/10 is 90% lean and 10% fat. The smartest hotdogs are reduced fat, light and fat free versions. One regular hotdog could have 15 to 17 grams of fat, while a reduced fat hotdog could have 6 to 7 grams of fat. Serve everything on whole wheat buns!

## BBQ Ribs

Enjoy BBQ ribs for special summer celebrations, but they're pretty high in fat, so stick with lean cuts of pork, beef, poultry and fish for everyday grilling. Try pork tenderloin for a change. It's just as lean and low fat as boneless skinless chicken breast! It's also a great source of protein, B-vitamins and zinc.

## Summer Vegetables

Small steps make a big difference. Use less butter and salt before eating corn on the cob. Grill the zucchini— first, cut into ¼-inch lengthwise slices, brush with a little olive oil and grill until soft.

## Baked Beans

Beans are nutritional powerhouses of fiber, protein and antioxidants, so enjoy baked beans (canned or homemade). Try reducing molasses and brown sugar in homemade recipes by a fourth or even a third.

## Coleslaw & Potato Salad

Use the reduced fat, light or fat free mayonnaise in potato salads and coleslaw recipes. Keep skins on potatoes for more fiber.

## Tip: Summer Dessert

Save pies and cobblers for special events. Enjoy plain fruit—fresh berries, cherries, watermelon and peaches—for daily desserts. Grill fresh pineapple slices—simply sprinkle with cinnamon and sugar and grill.



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